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CONCENTRATION AND SELF-CONTROL IN THE UTILITY SWIMMING RACE IN THE NAVAL PENTATHLON

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Abstract: *The modernization of the military system and its adaptation to the requirements of European norms has become a necessity for the Romanian naval pentathlon. In our research, we will propose a new concept of mental training for the athletes who are part of the utility swimming team.*

Objective:

- *Explanation of the training process of the athletes who are part of the naval pentathlon team from the point of view of physical and mental parameters*
- *Establishing the efficiency of the methods for improving the concentration and self-control of the athletes participating in the utility swimming race.*
- *Notification of conclusions*

Research methods: *Studying the bibliography, tests for the attention and concentration of pentathlon athletes.*

The results obtained after the tests should confirm that the attention and self-concentration level of military athletes on the naval pentathlon team has increased.

From a psychological point of view, the military athletes were stimulated by external intervention (mental training), but also by autosuggestion and auto impulsion.

Keywords: *Naval Pentathlon, Utility Swimming, Self-Control, Military Athlete*

INTRODUCTION

The naval pentathlon is a complex and demanding competition that tests athletic ability and the ability to face diverse challenges in water and on land. One of the key events of

the naval pentathlon is utility swimming, where athletes must demonstrate focus and self-control to achieve outstanding performances.

In this article, we will explore the importance of focus and self-control in this trial, and how these skills can be cultivated to achieve competitive success.

The road to achieving performance involves a high level of stress and anxiety in situations such as: accepting defeat, accepting mistakes, controlling concentration, increased fatigue, managing pain that can occur during trials, and all problems that can occur during the life of an athlete. T. Vasile (2016) points out that in stressful situations, the negative impact on the mental and emotional plane can be huge, and finding the appropriate mechanisms to adapt to such situations requires time, patience, understanding, and the discovery of inner resources aimed at restoring the balance. As M. Epuran, I. Holdevici & F. Tonița (2001) said, sports performance represents the result obtained in a specific activity, usually in a competition, designated by a number or a qualifier on the scale of values.

Concentration in the utilitarian swimming test:

Concentration can be defined as the ability to direct attention to a specific task or goal, excluding irrelevant stimuli, and maintaining a state of focused attention over an extended period of time. Mental focus in sports can have multiple benefits, such as improving physical and mental performance, reducing errors, and increasing psychological resilience. A study conducted by Smith et al. (2018) demonstrated that athletes who exhibited strong mental focus obtained better results in competitions compared to those who had focus problems, it is characterized by the absence of distractions and the ability to ignore nonessential information. An adequate concentration in the work environment can contribute to superior performance and increased task efficiency. (Smith, M. L., & Brown, T. E. (2020). In a naval pentathlon competition, adequate concentration is crucial in a utility swimming event. Athletes must be able to focus on their movements, monitor their breathing rate, and maintain their correct position in the water. The increased concentration allows them to react quickly to any change in swimming conditions and adapt in real time.

To train concentration and improve it, there are exercises that can be useful:

- Meditation and breathing exercises: Regular practice of meditation and deep breathing techniques can improve the ability to concentrate. These techniques calm the mind and reduce mental noise, allowing you to better focus on tasks
- Eliminate sources of distraction: As much as possible, avoid sources of distraction, such as phone notifications or social media, when you should focus. Create a quiet and organized work environment that promotes concentration.
- Planning and prioritizing: Set clear goals and create an action plan. Prioritize tasks and pay attention to the most important ones before moving on to others. This will help you stay focused on key tasks.

There are numerous techniques and strategies that can be used to improve the mental focus of athletes. A study by Brown and colleagues (2019) examined the effectiveness of the visualization technique in increasing mental focus and found that it led to a significant improvement in the performance of athletes.

An important factor to consider in the context of athletes' mental focus is external distractions and influences. The study by Garcia et al. (2020) examined the impact of background noise on mental focus and found that it can negatively affect the performance of athletes, demonstrating the importance of a quiet and focused environment during competition.

Mental focus plays an essential role in the performance of athletes and can significantly influence the results of competitions. The studies mentioned in this article emphasize the importance of mental focus and the relevance of mental training in its development. By applying the right techniques and strategies, athletes can improve their mental focus, by implication, their performance in competitions.

Athletes' self-control is a crucial aspect in the performance and success of performance athletes. The ability to regulate one's emotions, thoughts, and behavior during competitions can have a significant impact on performance and results. In this article, we will explore the importance of self-control in sports, as well as some of the methods used to develop and improve this skill. Self-control is an essential skill in utility swimming. Athletes must manage their emotions and maintain their composure under the stress and a pressure of competition. Using breathing control techniques to control heart rate (Vonk, 2007) helps them maintain their swimming techniques and manage

their energy efficiently. Self-control also helps them control their breathing rate and maintain focus on their goal despite fatigue and physical discomfort.

The importance of self-control in sports:

Self-control in sports is essential because athletes face high pressure during competitions, and the ability to maintain focus and regulate emotions can make the difference between success and failure. Studies have shown that athletes who have a high level of self-control are less likely to be affected by anxiety and the pressure of competition, which allows them to perform at an optimal level (Jones, G., Hanton, S., & Connaughton, D. (2002). Also, athletes' self-control is associated with better decision-making in stressful situations, increased resilience, and better conflict management (Friesen, A. P., & Orlick, T. (2010).

Methods used to develop self-control in athletes: There are several methods and techniques that athletes can use to develop and improve self-control in sports. One of these is mental training, which involves regularly practicing relaxation and visualization techniques to regulate one's emotions and maintain focus (Weinberg, R., & Williams, J. (2010)). Also, techniques such as controlled breathing and mindfulness have been used successfully to help athletes improve their self-control and cope with the pressure of competition (Gardner, F. L., & Moore, Z. E. (2006).

Another important aspect in developing athletes' self-control is learning effective stress management strategies. This may involve time management techniques, learning how to successfully face challenges, and improving problem-solving skills (Anshel, M. H. (2003). It is also beneficial to develop a strong social support system, including good relationships with coaches and teammates who can provide support and encouragement during difficult times (Iso-Ahola, S. E., & Mobily, K. E. (1980).

Athletes' self-control is essential to their performance and success in competitions. By developing this skill, athletes can manage emotions and pressure more effectively, make better decisions, and perform at an optimal level. Mental training, stress management techniques, and a strong social support system are just some of the methods used to develop and improve self-control in sports.

CONCLUSION

Concentration and self-control are key factors in achieving success in the utility swimming event of the naval pentathlon. Concentration skills help carefully monitor movements and quickly adapt to changing conditions, while self-control allows athletes to effectively manage their resources and maintain their composure despite pressure. Through mental training, breathing exercises, and proper physical training, these skills can be improved and strengthened, leading to outstanding performance in naval pentathlon competition.

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